Wellbeing Guardians @6weekchallenge

Week 1: Transcendence Week

Children | Take up the challenges shown below, or create your own unique challenges. Check the box next to the challenges you have completed.

Bio
- Appreciate the beauty and excellence around you (e.g., nature, a song, an artwork) (Appreciation of Beauty)
- If you walk around the block, notice what you find pleasing (Appreciation of Beauty)
- If possible, invite your family members to go for a 10-min walk and enjoy the sunshine (Appreciation of Beauty)
- Make 3 wishes, one for yourself, one for family and one for others in 2022 (Hope)
- Set 3 goals in social and emotional aspects for this special holiday, e.g., learn to make eye-contact during conversation to show respect (Spirituality)

Health
- Everyday write 3 things to be grateful for (Gratitude)
- Invite family members to read a comedy book or movie with you (Humour)

Social
- Say thank you or send gratitude words to 3 people (Gratitude)
- Share a happy event/joke with your family members (Humour)

Parents

Want to give your children a big thumbs up? Color the stars below to show your encouragement.

Appreciation of Beauty
Hope
Spirituality
Gratitude
Humour

Children (or with the help of family): how do you feel when completing the challenge(s) today? Please circle your emotion face, or you can express your feelings in words or drawing.

Name ___________________________ Contact number ___________________________

School Name ___________________________ Class _______ Student ID _______

#6weekchallenge